



JANUARY 2018 SCHEDULE

Fitness in the Park is a year-round free exercise program that brings a variety of fitness opportunities to parks and recreational facilities across San Antonio. Getting started is easy! Just take a look at the current schedule and join us! There is no registration required and classes are open to all fitness levels.



@SAParksFitness











CITY OF SAN ANTONIO
PARKS & RECREATION

WEATHER HOTLINE (210) 207-3128

CROSSFIT

CrossFit is constantly varied functional movements performed at high intensity. All CrossFit workouts are based on functional movements for a timed or scored workout. These movements reflect the best aspects of gymnastics, weightlifting, running, rowing, and more. Always varied, always changing, always producing results. Anyone can do it!

Class Name	Indoor/Outdoor	Suggested Age	Location	Day(s)	Time	Meeting Place
CrossFit 	 	18+	Woodlawn Lake Park 1103 Cincinnati	Thurs	6:30 pm	Inside the Woodlawn Lake Park Community Health & Wellness Center (Gym)
CrossFit 		10+	McAllister Park 13102 Jones Maltzberger	Sat	9:00 am	At the Turkey Roost pavilion
CrossFit 	 	18+	Joe Ward Park 435 E. Sunshine	Wed	7:30 pm	Inside Ward Community Center *No class January 3



SCHEDULE LEGEND



Outdoor Class



Indoor Class



Outdoor During Nice Weather
Indoor During Bad Weather



Troops for Fitness Class












Fitness in the park
www.saparksandrec.com



BOOT CAMP












Boot Camp classes are designed to build strength and cardio fitness levels. Exercises are a mix of strength training and high intensity cardio intervals. Boot Camp workouts will challenge every muscle in your body!

Class Name	Indoor/Outdoor	Suggested Age	Location	Day(s)	Time	Meeting Place
Thunderstruck Boot Camp		18+	Garza Park 1450 Mira Vista	Mon / Wed	6:30 pm	Inside Garza Community Center *No class January 1 & 15
Boot Camp 		18+	Woodlawn Lake Park 1103 Cincinnati	Mon	6:30 pm	Inside the Woodlawn Lake Park Community Health & Wellness Center (Gym) *No class January 1 & 15
Boot Camp 		18+	Travis Park 301 E. Travis	Tues	5:30 pm	In the park *No class January 2 & 30
Boot Camp		18+	Granados Park 500 Freiling	Tues / Thurs	6:45 pm	Inside Granados Adult & Senior Center
Boot Camp hosted by the Mays Family YMCA of Stone Oak		18+	Panther Springs Park 21456 Blanco	Mon / Wed	8:30 am	Check in at the Mays YMCA reception desk *No class January 1
Boot Camp 		18+	Phil Hardberger Park East 13203 Blanco	Sat	10:00 am	Near the outdoor classroom
Boot Camp hosted by the Najim Family YMCA		18+	Harvey E. Najim Family YMCA 3122 Roosevelt Ave	Wed	8:00 pm	Check in at the Najim Family YMCA



INTERVAL TRAINING

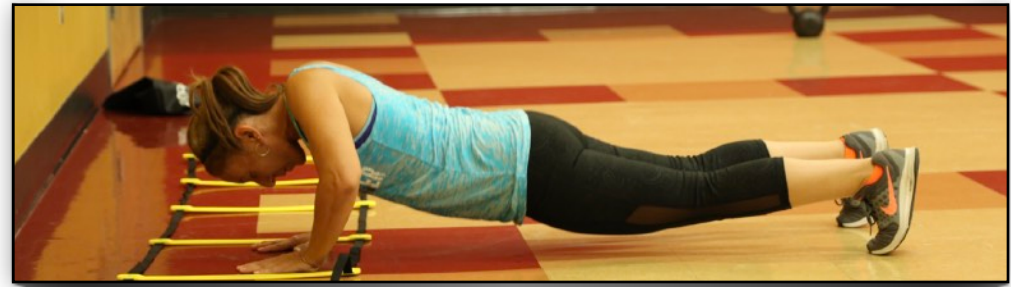
Interval Training includes many of the same movements that make up a boot camp or circuit training session. What makes interval training unique is the way in which the exercise is prescribed. Typically, participants will engage in an exercise for bursts of high intensity or effort followed by a short period of lower intensity movement. This pattern is repeated throughout the session resulting in a complete body workout.






















Class Name	Indoor/Outdoor	Suggested Age	Location	Day(s)	Time	Meeting Place
Interval Training	 	18+	Joe Ward Park 435 E. Sunshine	Wed	6:30 pm	Inside Ward Community Center *No class January 3
Interval Training	 	10+	Bonnie Conner Park 13300 Woller	Tues	6:30 pm	In the Igo Library parking lot
Interval Training		18+	Phil Hardberger Park West 8400 NW Military Hwy	Sun	10:00 am	Next to the basketball courts
Interval Training		18+	Walker Ranch Park 12603 West Ave	Wed	7:00 pm	Next to the pavilion
Interval Training		18+	Walker Ranch Park 12603 West Ave	Mon	6:00 am	Next to the pavilion *No class January 1 & 15
Interval Training	 	18+	Woodlawn Lake Park 1103 Cincinnati	Thurs	7:30 pm	Inside the Woodlawn Lake Park Community Health & Wellness Center (Gym)
Interval Training in partnership with the Doris Griffin Senior Center	 	60+	Doris Griffin Senior Center 6157 NW Loop 410 Suite 120	Tues	10:00 am	Inside the Doris Griffin Senior Center To reserve your spot in class, call (210) 780-7444 starting at 7:30 am on the day of class. *No class January 30



CIRCUIT TRAINING

Circuit training classes include a variety of activities geared towards increasing endurance, power, strength, stamina, and speed. The goal of each class is to provide a total body workout. An exercise "circuit" refers to one completion of all prescribed exercises in the program.















Class Name		Indoor/Outdoor	Suggested Age	Location	Day(s)	Time	Meeting Place
Circuit Training			10+	McAllister Park 13102 Jones Maltsberger	Sat	10:00 am	At the outdoor fitness stations
Circuit Training		 	10+	Enrique Barrera Fitness Center 5800 Enrique M. Barrera Parkway	Tues / Thurs	6:00 pm	Inside Enrique Barrera Fitness Center
Circuit Training			10+	Bonnie Conner Park 13300 Woller	Tues	5:30 pm	In the Igo Library parking lot
Circuit Training			18+	Lou Kardon Park 6161 Gibbs Sprawl Rd	Mon / Wed	8:30 am	At the playground *No class January 1 & 15
Circuit Training (30 minutes)			18+	Walker Ranch Park 12603 West Ave	Mon	5:15 am	Next to the pavilion *No class January 1 & 15
Circuit Training			18+	Phil Hardberger Park West 8400 NW Military Hwy	Sun	11:00 am	Next to the basketball courts
Circuit Training			18+	Elmendorf Lake Park 3700 W Commerce	Mon	6:00 pm	At the pavilion *No class January 1 & 15
Circuit Training			18+	Enrique Barrera Fitness Center 5800 Enrique M. Barrera Parkway	Tues / Thurs	12:00 pm	Inside Enrique Barrera Fitness Center
Circuit Training			10+	Labor Street Park 442 Labor Street	Tues	7:00 pm	Near the outdoor fitness stations *No class January 2 & 30
Super H.E.R.O. Circuit Training hosted by Honor 22			18+	Walker Ranch Park 12603 West Ave	Fri	6:00 pm	At the pavilion
Circuit Training			18+	Palm Heights Park 1201 W Malone	Wed	7:00 pm	Inside Palm Heights Community Center *No class January 3
Circuit Training			10+	O.P. Schnabel Park 9606 Bandera Rd	Mon	5:30 pm	At the Graff Pavilion *No class January 1, 15, & 29
Strength & Conditioning hosted by the District 2 Senior Center			60+	District 2 Senior Center 1751 South W.W. White Rd	Mon/ Wed	1:00 pm	Inside District 2 Senior Center *No class January 1 & 15



LOW IMPACT WORKOUTS

Low Impact workouts are a great way to get active while reducing the risk of injury! Low Impact Circuit Training classes are easier on the body, especially the joints, while still offering a great full body workout!

Class Name	Indoor/Outdoor	Suggested Age	Location	Day(s)	Time	Meeting Place
Chair Exercises		60+	Lackland Terrace Park 7902 Westshire	Tues	9:30 am	Inside Gill Community Center
Chair Fitness		60+	Granados Park 500 Freiling	Fri	11:00 am	Inside Granados Adult & Senior Center *No class January 5
Functional Fitness		60+	Lions Field 2809 Broadway	Mon / Thurs	8:30 am	Inside Lions Field Adult and Senior Center *No class January 1 & 15
Low Impact Circuit Training		60+	Lackland Terrace Park 7902 Westshire	Wed	10:00 am	Inside Gill Community Center
Low Impact Circuit Training 		60+	Granados Park 500 Freiling	Tues / Thurs	12:30 pm	Inside Granados Adult & Senior Center *No class January 16
Low Impact Circuit Training 	 	18+	Parman Library 20735 Wilderness Oak	Mon	10:00 am	Inside Parman Library *No class January 1, 15, & 29
Arthritis Foundation Exercise Program		60+	Granados Park 500 Freiling	Mon	9:30 am	Inside Granados Adult & Senior Center *No class January 1 & 15
Strength & Balance		60+	Commander's House 622 S. Flores	Fri	9:00 am	Inside Commander's House Adult & Senior Center *No class January 5
Fun Fitness with Sandy		60+	Commander's House 622 S. Flores	Fri	10:00 am	Inside Commander's House Adult & Senior Center













CORE TRAINING

Core Rhythm is an energy packed abdominal workout with movements based around the beat of the music!

Core Training classes will blast your abs by performing specific exercises to strengthen the muscles.

CoRE class will consist of a core/abdominal workout with low impact cardio exercises added in. Class will be modeled after the U.S. Army Physical Readiness Training (PRT) philosophy and techniques.

Class Name	Indoor/Outdoor	Suggested Age	Location	Day(s)	Time	Meeting Place
Core Rhythm		10+	Harlandale Park 7227 Briar Place	Tues	6:00 pm	Inside Harlandale Community Center *No class January 2
Core Rhythm		10+	Southside Lions Park 3100 Hiawatha	Thurs	6:00 pm	Inside Southside Lions Community Center *No class January 4
Core Rhythm		10+	Denver Heights Park 300 Porter St	Thurs, January 4	6:00 pm	Inside Denver Heights Community Center
Core Training (30 minutes) 		18+	Parman Library 20735 Wilderness Oak	Mon	11:00 am	Inside Parman Library *No class January 1 & 15
Core Training (30 minutes) 		10+	O.P. Schnabel Park 9606 Bandera Rd	Mon	6:30 pm	Next to the playground *No class January 1, 15, & 29
Core Training		10+	Normoyle Park 700 Culberson	Mon / Wed	6:30 pm	Inside Normoyle Community Center *No class January 1, 3, & 15
CoRE (Core/Respiratory Endurance) 		18+	Woodlawn Lake Park 1103 Cincinnati	Mon	7:30 pm	Inside the Woodlawn Lake Park Community Health & Wellness Center (Gym) *No class January 1 & 15








IN THE POOL

Aqua Boot Camp is a great way to stay cool while getting a total body workout. Classes will include exercises in and out of the water!

Senior Water Walking and Senior Lap Swimming are available for adults age 60 and above. Water walking provides a low impact, resistance workout while the buoyancy of the water assists with balance. This full body workout will improve endurance while building muscle tone. Senior Lap swimming provides a full body, low impact exercise which helps improve flexibility, build muscle, and improve cardiovascular endurance.

Aqua Aerobics, hosted by the Department of Human Services at the Bob Ross Senior Center is a great way to enjoy a low impact resistance training workout in a heated pool!

Aqua Zumba is a pool party you shouldn't miss. Add a splash to your fitness routine with this low impact, high energy aquatic exercise!



Class Name	Indoor/Outdoor	Suggested Age	Location	Day(s)	Time	Meeting Place
Aqua Boot Camp		18+	San Antonio Natatorium 1430 W. Cesar Chavez	Tues / Thurs	11:30 am	Inside the San Antonio Natatorium
Water Walking		60+	San Antonio Natatorium 1430 W. Cesar Chavez	Monday - Friday	10:00 am	Inside the San Antonio Natatorium *No class January 1 & 15
Lap Swimming		60+	San Antonio Natatorium 1430 W. Cesar Chavez	Monday - Friday	10:00 am	Inside the San Antonio Natatorium *No class January 1 & 15
Aqua Aerobics hosted by the Bob Ross Senior Center		60+	Bob Ross Senior Center 2219 Babcock	Wed	12:00 pm	Inside the Bob Ross Senior Center
Aqua Zumba		10+	San Antonio Natatorium 1430 W. Cesar Chavez	Sat, January 6	11:15 am	Inside the San Antonio Natatorium



CROSS TRAINING & BODY PUMP

Cross Training classes utilize different types of exercises to provide variety and fight the boredom of completing the same exercises day in and day out!

Designed for all fitness levels, Body Pump uses barbells with adjustable weights to work every major muscle group in the body. Body Pump combines motivating music and awesome instructors for a workout that strengthens, tones, and defines the body.

Class Name	Indoor/Outdoor	Suggested Age	Location	Day(s)	Time	Meeting Place
Cross Training		18+	Garza Park 1450 Mira Vista	Tues / Thurs	6:30 pm	Inside Garza Community Center *No class January 2
Body Pump hosted by the Westside YMCA		18+	Rosedale Park 2900 Ruiz	Sat	11:00 am	Check in at the Westside YMCA reception desk








BODY FLOW, QIGONG, PILATES, AND MEDITATION

Meditation will introduce participants to the practice of concentrated focus to increase awareness, reduce stress, and promote relaxation.

Body Flow is a mix of Yoga, Pilates, and Tai Chi. It focuses on strength, flexibility, and controlled breathing. The moves, stretches, and poses done in Body Flow are all performed to music.

Pilates utilizes low-impact exercises and stretches designed to develop strength, flexibility, balance, and inner awareness.

Qigong is a form of gentle exercise composed of movements that are repeated a number of times, often stretching the body, increasing fluid movement, and building awareness of how the body moves through space.













Class Name	Indoor/Outdoor	Suggested Age	Location	Day(s)	Time	Meeting Place
Meditation		18+	Parman Library 20735 Wilderness Oak	Sun	10:30 am	Inside Parman Library
Qigong		18+	Pan American Library 1122 Pyron Ave	Fri	11:00 am	Inside Pan American Library
Body Flow hosted by the Westside YMCA		18+	Rosedale Park 2900 Ruiz	Sat	12:00 pm	Check in at the Westside YMCA reception desk
Pilates 		18+	Parman Library 20735 Wilderness Oak	Tues	7:00 pm	Inside Parman Library *No class January 2
Pilates 		18+	LBJ Park 10700 Nacogdoches	Thurs	7:00 pm	Inside Lou Hamilton Community Center *No class January 4



YOGA

Exercise your mind, body and soul. Yoga helps reduce anxiety, improve flexibility, relieve stress and improve respiratory functions. Looking for a more accessible option? Try our Chair Yoga class that utilizes a chair for added support, while still improving strength and flexibility.








Class Name	Indoor/Outdoor	Suggested Age	Location	Day(s)	Time	Meeting Place
Yoga		18+	Phil Hardberger Park West 8400 NW Military Hwy	Sun	12:00 pm	Next to the basketball courts
Yoga		18+	Pan American Library 1122 Pyron Ave	Sun	11:00 am	Inside Pan American Library
Yoga		18+	Elmendorf Lake Park 3700 W Commerce	Mon	7:00 pm	At the pavilion *No class January 1 & 15
Chair Yoga		18+	Dorie Miller Park 2802 MLK Dr	Sat	10:30 am	Inside Dorie Miller Community Center *No class January 20 & 27
Yoga		18+	Dorie Miller Park 2802 MLK Dr	Sat	11:30 am	Inside Dorie Miller Community Center *No class January 20 & 27
Yoga		18+	Mission Library 3134 Roosevelt	Sat	12:00 pm	Inside Mission Library *No class January 13
Yoga hosted by Yoga Seva Institute	 	18+	Rainbow Hills Park 568 Rasa	Sat, January 6	9:00 am	At the pavilion
Yoga 		18+	LBJ Park 10700 Nacogdoches	Thurs	7:30 pm	Inside Lou Hamilton Community Center *No class January 4
Yoga 		18+	Cuellar Park 5626 San Fernando	Tues	5:00 pm	Inside Cuellar Community Center *No class January 2
Yoga 		18+	Parman Library 20735 Wilderness Oak	Tues	7:30 pm	Inside Parman Library *No class January 2



MORE YOGA & ZEN

Tai Chi was originally developed for self-defense, and has now evolved into a graceful form of exercise. Tai Chi involves a continuous series of controlled, usually slow movements designed to improve physical and mental well-being. Often described as meditation in motion, Tai Chi is a great low impact exercise for the mind and body!

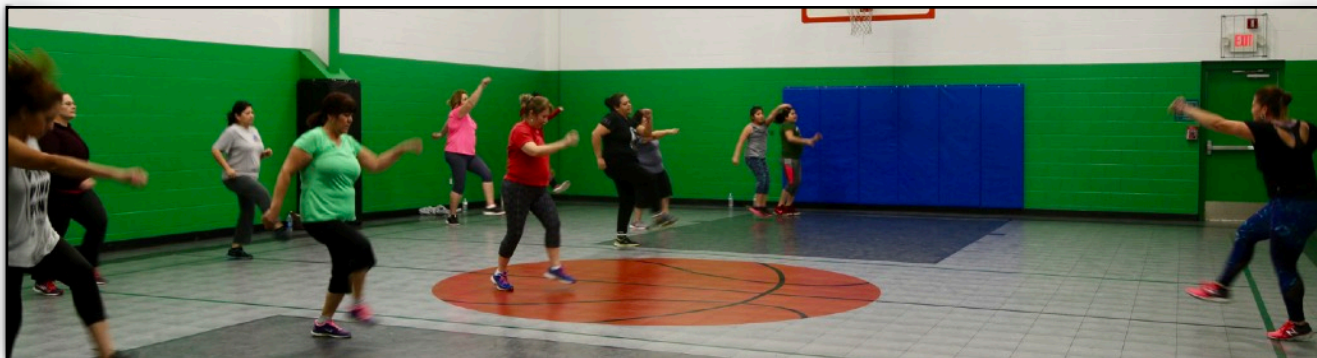
Stretching is an important part of a senior's flexibility and will help offset the effects of the normal decline in the flexibility of your joints. Senior Stretch classes will incorporate breathing exercises and proper posture to maintain range of motion while performing static stretches.











Class Name	Indoor/Outdoor	Suggested Age	Location	Day(s)	Time	Meeting Place
Senior Stretching hosted by the Doris Griffin Senior Center		60+	Doris Griffin Senior Center 6157 NW Loop 410 Suite 120	Mon/Wed/ Thurs/Fri	2:00 pm	Inside the Doris Griffin Senior Center *No class January 1 & 15 To reserve your spot in class, call (210) 780-7444 starting at 7:30 am on the day of class.
Tai Chi hosted by the Doris Griffin Senior Center		60+	Doris Griffin Senior Center 6157 NW Loop 410 Suite 120	Tues/Thurs/ Fri	8:30 am	Inside the Doris Griffin Senior Center To reserve your spot in class, call (210) 780-7444 starting at 7:30 am on the day of class.
Tai Chi hosted by Bob Ross Senior Center		60+	Bob Ross Senior Center 2219 Babcock	Mon/Wed	10:00 am	Inside Bob Ross Senior Center *No class January 1 & 15
Yoga hosted by the Doris Griffin Senior Center		60+	Doris Griffin Senior Center 6157 NW Loop 410 Suite 120	Wed	10:00 am	Inside the Doris Griffin Senior Center To reserve your spot in class, call (210) 780-7444 starting at 7:30 am on the day of class.
Yoga hosted by the District 2 Senior Center		60+	District 2 Senior Center 1751 South W.W. White Rd	Mon/Wed	2:00 pm	Inside District 2 Senior Center No class January 1 & 15



ZUMBA

Working out doesn't feel like work when you're having fun. That's why using dance is a great way to burn calories, tone up and increase your endurance. Our Zumba classes always feel like a party so come join us and party yourself into shape!









Class Name	Indoor/Outdoor	Suggested Age	Location	Day(s)	Time	Meeting Place
Zumba in partnership with Community First Health Plans		10+	McAllister Park 13102 Jones Maltsberger	Sat	9:00 am	At the Turkey Roost Pavilion
Zumba		10+	Arnold Park 1011 Gillette	Tues	6:00 pm	Inside Ramirez Community Center *No class January 2
Zumba hosted by the Westside YMCA		10+	Rosedale Park 2900 Ruiz	Sat	10:00 am	Check in at the Westside YMCA reception desk
Zumba hosted by the YMCA at O.P. Schnabel Park		10+	O.P. Schnabel Park 9606 Bandera	Fri	6:00 pm	Check in at the YMCA at O.P. Schnabel Park reception desk
Zumba hosted by Community First Health Plans		10+	Garza Park 1450 Mira Vista	Tues	6:30 pm	Inside Garza Community Center *No class January 2
Zumba hosted by Community First Health Plans		10+	Cuellar Park 5626 San Fernando	Wed	6:00 pm	Inside Cuellar Community Center
Zumba in partnership with Community First Health Plans		10+	Southside Lions Park 3100 Hiawatha	Thurs	7:00 pm	Inside Southside Lions Community Center *No class January 4
Zumba		10+	Harlandale Park 7227 Briar Place	Tues	7:00 pm	Inside Harlandale Community Center *No class January 2
Zumba		10+	South San Park 2031 Quintana Rd	Thurs	7:00 pm	Inside South San Community Center
Zumba		10+	Southside Lions Park 3100 Hiawatha	Mon	6:00 pm	Inside Southside Lions Community Center *No class January 1 & 15



MORE ZUMBA!

Zumba Gold is perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity.

Class Name	Indoor/Outdoor	Suggested Age	Location	Day(s)	Time	Meeting Place
Zumba Gold		60+	Commander's House 622 S. Flores	Tues	10:00 am	Inside Commander's House Adult & Senior Center
Zumba		10+	LBJ Park 10700 Nacogdoches	Wed	7:00 pm	Inside Lou Hamilton Community Center *No class January 3
Zumba		18+	Lions Field 2809 Broadway	Wed	6:30 pm	Inside Lions Field Adult & Senior Center
Zumba		10+	Woodard Park 1011 Locke	Tues	6:30 pm	Inside Woodard Community Center *No class January 2
Zumba		10+	Denver Heights Park 300 Porter St	Thurs, January 4	7:00 pm	Inside Denver Heights Community Center
Zumba		10+	Denver Heights Park 300 Porter St	Wed	6:00 pm	Inside Denver Heights Community Center *No class January 3



DANCE FITNESS

Dance is a great way to work on your overall fitness. It improves your cardiovascular endurance, muscular strength and balance. With a wide variety of dance classes including line, hip hop, belly dance, and folklorico, we have something for everyone.

Class Name	Indoor/Outdoor	Suggested Age	Location	Day(s)	Time	Meeting Place
Line Dancing		60+	Lackland Terrace Park 7902 Westshire	Fri	10:00 am	Inside Gill Community Center
Line Dancing		60+	Granados Park 500 Freiling	Mon	6:00 pm	Inside Granados Adult & Senior Center *No class January 1 & 15
Line Dancing		60+	Granados Park 500 Freiling	Fri	10:00 am	Inside Granados Adult & Senior Center *No class January 5
Line Dancing (Beginner)		60+	Lions Field 2809 Broadway	Thurs	10:00 am	Inside Lions Field Adult & Senior Center *No class January 4, 11, & 18
Line Dancing (Intermediate)		60+	Lions Field 2809 Broadway	Thurs	11:00 am	Inside Lions Field Adult & Senior Center *No class January 4, 11, & 18
Bailar Es Vivir (A mix of dance styles)		10+	Enrique Barrera Fitness Center 5800 Enrique M. Barrera Parkway	Tues / Thurs	5:30 pm	Inside Enrique Barrera Fitness Center *Class taught in Spanish
CIZE Live		18+	Enrique Barrera Fitness Center 5800 Enrique M. Barrera Parkway	Tues	7:00 pm	Inside Enrique Barrera Fitness Center
Belly Dancing		60+	Granados Park 500 Freiling	Wed	12:30 pm	Inside Granados Adult & Senior Center *No class January 3
Intro to Folklorico Dance		60+	Granados Park 500 Freiling	Wed	1:30 pm	Inside Granados Adult & Senior Center *No class January 3
CYPHER Hip Hop Dance		11+	Berta Almaguer Dance Studio at Woodlawn Lake Park 138 S. Josephine	Sat	9:00 am	Inside Berta Almaguer Dance Studio *No class January 6
Line Dancing hosted by the District 2 Senior Center		60+	District 2 Senior Center 1751 South W.W. White Rd	Tues / Thurs	1:00 pm	Inside District 2 Senior Center



SAParksFitness



OTHER CARDIO







Body Combat is a non-contact, energetic program inspired by martial arts that draws from a wide array of disciplines such as karate, boxing, Taekwondo, Tai Chi, and Muay Tai. Supported by driving music, you will strike, kick, and punch your way through calories to superior cardiac fitness.

Our cardio kickboxing class is a high energy, non-contact, martial arts based workout. Using body weight exercises and athletic drills, you will strengthen your legs, core, and arms, while improving your balance, stamina, and flexibility.

Boxing Conditioning class teaches basic boxing skills and techniques, designed to increase muscular strength and cardio endurance! All exercises will be non-contact, but designed to produce a full body workout!

Go Fetch Run provides opportunities for people to exercise alongside their dogs, improving the physical and mental well-being of both and strengthening the bond between dogs and their owners.

Stroller Strides is a unique fitness experience that allows you to bond with your child while still getting a good workout. Lack of child care is no longer an excuse to miss your workout.

Class Name	Indoor/Outdoor	Suggested Age	Location	Day(s)	Time	Meeting Place
Cardio Kickboxing		18+	Walker Ranch Park 12603 West Ave	Wed	6:00 pm	Next to the pavilion
Body Combat hosted by the Mays Family YMCA at Potranco		18+	Mays Family YMCA at Potranco 8765 Hwy 151 Access Rd	Sun	2:00 pm	Check in at the Mays Family YMCA at Potranco reception desk
Body Combat hosted by the Davis Scott YMCA		18+	Pittman-Sullivan Park 1213 Iowa	Wed	7:30 pm	Check in at the Davis-Scott YMCA reception desk
Boxing Conditioning (Non-contact)		10+	Lincoln Park 2915 E. Commerce	Mon / Wed / Fri	3:00 pm	Inside Lincoln Community Center *No class January 1 & 15
Go Fetch Run (Workout with your dog)		18+	Phil Hardberger Park East 13203 Blanco	Sat, January 6	8:30 am	At the picnic tables in the center circle
Stroller Strides		18+	Northridge Park 821 Chevy Chase	Fri	9:30 am	At the pavilion *For inclement weather cancellations call (210) 247-8820
















WALKING & RUNNING GROUPS

Regular physical activity helps everybody feel better and improves overall health. Walking is an excellent form of physical activity. Through consistent walking, you will get and stay healthier, feel better about yourself, enjoy reduced health risks, stronger muscles and increased bone density. Walking is also a great way to meet new friends!

Troop Trek is a running clinic and tutorial through the Troops for Fitness Program. The class is dedicated to the beginner and intermediate runners, however all levels are welcome. Troop Trek distances usually start at around 1 to 3.1 miles and incorporate interval, tempo, and ability group runs. Suggested training paces between 9 and 15 minutes per mile.

Honor 22 is a community involvement group dedicated to helping active duty military, veterans, and their families' transition after they separate from the military. Honor 22 organizes group runs, cycling groups, and trail rucks (group march while carrying weight in a backpack).










Class Name	Indoor/Outdoor	Suggested Age	Location	Day(s)	Time	Meeting Place
Social Walk		60+	Lackland Terrace Park 7902 Westshire	Mon	10:00 am	Inside Gill Community Center *No class January 1 & 15
Walking Group 		10+	Woodlawn Lake Park 1103 Cincinnati	Mon / Thurs	5:30 pm	Inside the Woodlawn Lake Park Community Health & Wellness Center (Gym) *No class January 1 & 15
Walking Group		10+	Southside Lions Park 3100 Hiawatha	Wed	6:00 pm	Inside Southside Lions Community Center *No class January 3
Walking Group		10+	Miller's Pond Park 6175 Old Pearsall Rd	Tues / Thurs	7:00 pm	Inside Miller's Pond Community Center *No class January 2 & 4
Walking Group		10+	Miller's Pond Park 6175 Old Pearsall Rd	Sat	11:00 am	Inside Miller's Pond Community Center
Walking Group		10+	Villa Coronado Park 11030 Ruidosa	Mon / Wed	6:30 pm	Inside Father Roman Community Center *No class January 1, 3, & 15
Walking Group		60+	Commander's House 622 S. Flores	Tues / Thurs	8:30 am	Inside Commander's House Adult & Senior Center
Trail Ruck hosted by Honor 22		18+	Friedrich Wilderness Park 21395 Milsa Rd	Sun	9:00 am	At the pavilion
Hit the Dirt Trail Run hosted by Honor 22		18+	McAllister Park 13102 Jones Maltsberger	Wed	9:00 am	At the Turkey Roost pavilion
Group Run hosted by Honor 22		18+	Eisenhower Park 19399 NW Military Hwy	Wed, January 3	5:00 pm	At the restrooms
Troop Trek		18+	McAllister Park 13102 Jones Maltsberger	Sat	8:00 am	At the Turkey Roost Pavilion *No class January 13 & 27
Walking Group hosted by Go365		6+	O.P. Schnabel Park 9606 Bandera	Sat, January 27	9:00 am	At the Graff Pavilion



JUST FOR KIDS

Fitness in the Park is proud to offer free exercise classes specifically designed for kids! With childhood obesity rates on the rise, it's important that our children stay active and understand the importance of a healthy lifestyle. Our youth fitness classes are so fun, they won't even realize they're working out!



Class Name	Indoor/Outdoor	Suggested Age	Location	Day(s)	Time	Meeting Place
Basketball Conditioning		11-13	Arnold Park 1011 Gillette	Sat	2:00 pm	Inside Ramirez Community Center
Basketball Conditioning		14-17	Arnold Park 1011 Gillette	Sat	3:00 pm	Inside Ramirez Community Center
Basketball Conditioning		8+	Dawson Park 2500 E. Commerce	Sat	11:00 am	Inside Dawson Community Center
Volleyball Conditioning		11-13	Joe Ward Park 435 E. Sunshine	Sat	10:00 am	Inside Joe Ward Community Center
Volleyball Conditioning		14-17	Joe Ward Park 435 E. Sunshine	Sat	12:00 pm	Inside Joe Ward Community Center
Volleyball Conditioning		8+	Dawson Park 2500 E. Commerce	Sat	9:30 am	Inside Dawson Community Center
Strength & Conditioning		12+	Cuellar Park 5626 San Fernando	Wed	7:00 pm	Inside Cuellar Community Center
Circuit Training		10+	Palm Heights Park 1201 W. Malone	Sat	11:00 am	Inside Palm Heights Community Center
Dance Fitness		8+	San Juan Brady Park 2307 S. Calaveras	Tues	6:00 pm	Inside San Juan Community Center *No class January 2



NET SPORTS

Ready to get back into the “swing” of things. We have multiple options available for participants to pick up a paddle and get in the game. Pickleball is a paddle sport for all ages and skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players.



Class Name	Indoor/Outdoor	Suggested Age	Location	Day(s)	Time	Meeting Place
Table Tennis		18+	Mission Library 3134 Roosevelt	Tues / Thurs	1:00 pm to 3:00 pm	Inside Mission Library
Table Tennis		18+	Mission Library 3134 Roosevelt	Sat	3:30 pm to 5:00 pm	Inside Mission Library
Pickleball		60+	Granados Park 500 Freiling	Mon	10:30 am to 11:30 am	Inside Granados Adult & Senior Center *No class January 1 & 15
Pickleball		10+	Miller's Pond Park 6175 Old Pearsall Rd	Thurs	7:30 pm to 8:30 pm	Inside Miller's Pond Community Center *No class January 4
Pickleball		10+	LBJ Park 10700 Nacogdoches	Sat	9:00 am to 1:00 pm	Inside Lou Hamilton Community Center
Pickleball		10+	Woodard Park 1011 Locke	Sat	10:00 am to 12:00 pm	Inside Woodard Community Center
Pickleball		10+	Copernicus Park 5003 Lord Rd	Sat	10:00 am to 12:00 pm	Inside Copernicus Community Center
Pickleball		10+	Dawson Park 2500 E. Commerce	Mon	2:00 pm to 4:00 pm	Inside Dawson Community Center *No class January 1 & 15



TROOPS FOR FITNESS

Troops for Fitness is a series of fitness classes taught by skilled military veterans. The San Antonio Parks and Recreation Department is proud to offer veteran led fitness classes.

Keep your eyes out for the Troops for Fitness logo and support your veteran led classes.

The following Fitness in the Park classes found within this schedule are official Troops for Fitness classes:

- **Boot Camp**
Woodlawn Lake Park
Travis Park
Phil Hardberger Park East
- **Circuit Training**
Bonnie Conner Park
Lou Kardon Park
McAllister Park
Labor Street Park
O.P. Schnabel Park
- **Low Impact Circuit**
Granados Park
Parman Library
- **Interval Training**
Bonnie Conner Park
Ward Park
Woodlawn Lake Park.
Doris Griffin Senior Center
- **Pilates**
LBJ Park
Parman Library
- **Cross Fit**
McAllister Park
Woodlawn Lake Park
Ward Park
- **Walking/Running Group**
Woodlawn Lake Park
McAllister Park
- **Yoga**
LBJ Park
Cuellar Park
Parman Library
- **Core Training**
O.P. Schnabel Park
Parman Library
Woodlawn Lake Park



FITMAS IN THE PARK

Thank you to everyone that came out to Woodlawn Lake Park for the first FITmas in the Park event hosted by Body Architecture Personal Training & Fitness. The toy drive to benefit the San Antonio Children's Shelter was a huge success with over 110 toys donated during the event!



GET TO KNOW INSTRUCTOR JOHN

John is the Recreation Specialist at the Enrique M. Barrera Fitness Center, and has been instructing fitness classes for the past 8 years. John is currently attending UTSA and will earn his Bachelor's Degree in Kinesiology with a focus on Exercise Science in May 2018. John chose the health and fitness career field because he has a passion for helping people live a healthier lifestyle. John's classes are fun, full of energy, and challenging - see his schedule below!


Fitness in the Park
Spotlight
January 2018



I was out of shape and overweight, but meeting John changed my life forever! - N.G.

John is very organized and he always encourages me to do my best, even when I want to give up! - C.A.

Tuesday

Barrera Fitness Center
12:00pm - Circuit Training

6:00pm - Circuit Training

Thursday

Barrera Fitness Center
12:00pm - Circuit Training

6:00pm - Circuit Training



WEEKLY SCHEDULE

JANUARY 2018

Monday January 1	Tuesday January 2	Wednesday January 3	Thursday January 4	Friday January 5	Saturday January 6	Sunday January 7
Happy New Year Holiday Buster! Set a timer for 20 minutes. Perform as many repetitions as possible before time runs out! 1. Jump Rope 60X (can be performed without a rope) 2. 10 alternating lunges 3. 10 squats Start the new year off with a great lower body workout!	8:30 am Tai Chi Doris Griffin Senior Center Walking Group Commander's House 9:30 am Chair Exercises Lackland Terrace Park 10:00 am Interval Training Doris Griffin Senior Center Water Walking SA Natatorium Lap Swimming SA Natatorium Zumba Gold Commander's House 11:30 am Aqua Boot Camp SA Natatorium 12:00 pm Circuit Training Barrera FC 12:30 pm Low Impact Circuit Training Granados Park 1:00 pm Line Dancing District 2 Senior Center Table Tennis Mission Library 5:30 pm Circuit Training Bonnie Conner Park Bailar Es Vivir Barrera FC 6:00 pm Circuit Training Barrera FC 6:30 pm Interval Training Bonnie Conner Park 6:45 pm Boot Camp Granados Park 7:00 pm CIZE Live Barrera FC	8:30 am Boot Camp Panther Springs Park Circuit Training Lou Kardón Park 9:00 am Trail Run McAllister Park 10:00 am Low Impact Circuit Training Lackland Terrace Park Tai Chi Bob Ross Senior Center Yoga Doris Griffin Senior Center Water Walking SA Natatorium Lap Swimming SA Natatorium 12:00 pm Aqua Aerobics Bob Ross Senior Center 1:00 pm Strength & Conditioning District 2 Senior Center 2:00 pm Stretch Doris Griffin Senior Center Yoga District 2 Senior Center 3:00 pm Boxing Conditioning Lincoln Park 5:00 pm Group Run Eisenhower Park 6:00 pm Zumba Cuellar Park Cardio Kickboxing Walker Ranch Park 6:30 pm Boot Camp Garza Park Zumba Lions Field Park 7:00 pm Interval Training Walker Ranch Park Circuit Training Palm Heights Park Strength & Conditioning Cuellar Park 7:30 pm Body Combat Pittman-Sullivan Park 8:00 pm Boot Camp Najim Family YMCA	8:30 am Functional Fitness Lions Field Park Tai Chi Doris Griffin Senior Center Walking Group Commander's House 10:00 am Water Walking SA Natatorium Lap Swimming SA Natatorium 11:30 am Aqua Boot Camp SA Natatorium 12:00 pm Circuit Training Barrera FC 12:30 pm Low Impact Circuit Training Granados Park 1:00 pm Line Dancing District 2 Senior Center Table Tennis Mission Library 2:00 pm Stretch Doris Griffin Senior Center 5:30 pm Bailar Es Vivir Barrera FC Walking Group Woodlawn Lake Park 6:00 pm Circuit Training Barrera FC Core Rhythm Denver Heights Park 6:30 pm CrossFit Woodlawn Lake Park Cross Training Garza Park 7:00 pm Zumba South San Park Zumba Denver Heights Park 7:30 pm Interval Training Woodlawn Lake Park	8:30 am Tai Chi Doris Griffin Senior Center 9:30 am Stroller Strides Northridge Park 10:00 am Water Walking SA Natatorium Lap Swimming SA Natatorium Line Dancing Lackland Terrace Park Fun Fitness Commander's House 11:00 am Qigong Pan American Library 2:00 pm Stretch Doris Griffin Senior Center 3:00 pm Boxing Conditioning Lincoln Park 6:00 pm Super Hero Circuit Training Walker Ranch Park Zumba O.P. Schnabel Park 11:15 am Aqua Zumba SA Natatorium 11:30 am Yoga Dorie Miller Park 12:00 pm Body Flow Rosedale Park Yoga Mission Library Volleyball Conditioning Joe Ward Park 2:00 pm Basketball Conditioning Arnold Park 3:00 pm Basketball Conditioning Arnold Park 3:30 pm Table Tennis Mission Library	8:00 am Troop Trek McAllister Park 8:30 am Go Fetch Run Phil Hardberger Park East 9:00 am CrossFit McAllister Park Yoga Rainbow Hills Park Zumba McAllister Park Pickleball LBJ Park 9:30 am Volleyball Conditioning Dawson Park 10:00 am Circuit Training McAllister Park Zumba Rosedale Park Volleyball Conditioning Joe Ward Park Pickleball Copernicus Park Boot Camp Phil Hardberger Park East 10:30 am Chair Yoga Dorie Miller Park 11:00 am Body Pump Rosedale Park Walking Group Miller's Pond Park Basketball Conditioning Dawson Park Circuit Training Palm Heights Park 11:15 am Aqua Zumba SA Natatorium 11:30 am Yoga Dorie Miller Park 12:00 pm Body Flow Rosedale Park Yoga Mission Library Volleyball Conditioning Joe Ward Park 2:00 pm Basketball Conditioning Arnold Park 3:00 pm Basketball Conditioning Arnold Park 3:30 pm Table Tennis Mission Library	9:00 am Trail Ruck Friedrich Wilderness Park 10:00 am Interval Training Phil Hardberger Park West 10:30 am Meditation Parman Library 11:00 am Circuit Training Phil Hardberger Park West Yoga Pan American Library 12:00 pm Yoga Phil Hardberger Park West 2:00 pm Body Combat Mays Family YMCA at Potranco



WEEKLY SCHEDULE

JANUARY 2018

Monday January 8	Tuesday January 9	Wednesday January 10	Thursday January 11	Friday January 12	Saturday January 13	Sunday January 14
5:15 am Circuit Training Walker Ranch Park	8:30 am Tai Chi Doris Griffin Senior Center Walking Group Commander's House	8:30 am Boot Camp Panther Springs Park Circuit Training Lou Kardon Park	8:30 am Functional Fitness Lions Field Park Tai Chi Doris Griffin Senior Center Walking Group Commander's House	8:30 am Tai Chi Doris Griffin Senior Center	9:00 am CrossFit McAllister Park Zumba McAllister Park Pickleball LBJ Park CYPHER Berta Almaguer Dance Studio at Woodlawn Lake Park	9:00 am Trail Ruck Friedrich Wilderness Park
6:00 am Interval Training Walker Ranch Park	9:30 am Chair Exercises Lackland Terrace Park	9:00 am Trail Run McAllister Park	10:00 am Water Walking SA Natatorium Lap Swimming SA Natatorium	9:00 am Strength & Balance Commander's House	9:30 am Volleyball Conditioning Dawson Park	10:00 am Interval Training Phil Hardberger Park West
8:30 am Boot Camp Panther Springs Park Circuit Training Lou Kardon Park Functional Fitness Lions Field Park	10:00 am Interval Training Doris Griffin Senior Center Water Walking SA Natatorium Lap Swimming SA Natatorium Zumba Gold Commander's House	10:00 am Low Impact Circuit Training Lackland Terrace Park Tai Chi Bob Ross Senior Center Yoga Doris Griffin Senior Center Water Walking SA Natatorium Lap Swimming SA Natatorium	11:30 am Aqua Boot Camp SA Natatorium	9:30 am Stroller Strides Northridge Park	10:00 am Circuit Training McAllister Park Zumba Rosedale Park Volleyball Conditioning Joe Ward Park Pickleball Woodard Park Pickleball Copernicus Park Boot Camp Phil Hardberger Park East	10:30 am Meditation Parman Library
9:30 am Adult Arthritis Foundation Exercise Program Granados Park	11:30 am Aqua Boot Camp SA Natatorium	12:00 pm Aqua Aerobics Bob Ross Senior Center	12:00 pm Circuit Training Barrera FC	10:00 am Water Walking SA Natatorium Lap Swimming SA Natatorium Line Dancing Lackland Terrace Park Line Dancing Granados Park Fun Fitness Commander's House	11:00 am Body Pump Rosedale Park Walking Group Miller's Pond Park Basketball Conditioning Dawson Park Circuit Training Palm Heights Park	11:00 am Circuit Training Phil Hardberger Park West Yoga Pan American Library
10:00 am Low Impact Circuit Training Parman Library Tai Chi Bob Ross Senior Center Water Walking SA Natatorium Lap Swimming SA Natatorium Social Walk Lackland Terrace Park	12:00 pm Circuit Training Barrera FC	12:30 pm Belly Dancing Granados Park	12:30 pm Low Impact Circuit Training Granados Park	11:00 am Qigong Pan American Library Chair Fitness Granados Park	12:00 pm Yoga Dorie Miller Park	12:00 pm Yoga Phil Hardberger Park West
10:30 am Pickleball Granados Park	12:30 pm Low Impact Circuit Training Granados Park	1:00 pm Strength & Conditioning District 2 Senior Center	1:00 pm Line Dancing District 2 Senior Center Table Tennis Mission Library	2:00 pm Stretch Doris Griffin Senior Center	1:30 am Chair Yoga Dorie Miller Park	2:00 pm Body Combat Mays Family YMCA at Potranco
11:00 am Core Training Parman Library	1:00 pm Line Dancing District 2 Senior Center Table Tennis Mission Library	1:30 pm Intro to Folklorico Granados Park	1:30 pm Stretch Doris Griffin Senior Center Yoga District 2 Senior Center	5:30 pm Bailar Es Vivir Barrera FC Walking Group Woodlawn Lake Park	11:00 am Body Pump Rosedale Park Walking Group Miller's Pond Park Basketball Conditioning Dawson Park Circuit Training Palm Heights Park	
1:00 pm Strength & Conditioning District 2 Senior Center	5:00 pm Yoga Cuellar Park	2:00 pm Stretch Doris Griffin Senior Center Yoga District 2 Senior Center	2:00 pm Yoga District 2 Senior Center	6:00 pm Circuit Training Barrera FC Core Rhythm Southside Lions Park	2:00 pm Stretch Doris Griffin Senior Center	
2:00 pm Stretch Doris Griffin Senior Center Yoga District 2 Senior Center Pickleball Dawson Park	5:30 pm Circuit Training Bonnie Conner Park Bailar Es Vivir Barrera FC Boot Camp Travis Park	3:00 pm Boxing Conditioning Lincoln Park	3:00 pm Boxing Conditioning Lincoln Park	6:30 pm CrossFit Woodlawn Lake Park Cross Training Garza Park	3:00 pm Boxing Conditioning Lincoln Park	
3:00 pm Boxing Conditioning Lincoln Park	6:00 pm Circuit Training Barrera FC Core Rhythm Harlandale Park Zumba Arnold Park Dance Fitness San Juan Brady Park	6:00 pm Zumba Cuellar Park Cardio Kickboxing Walker Ranch Park Walking Group Southside Lions Park Zumba Denver Heights Park	6:00 pm Zumba South San Park Pilates LBJ Park Zumba Southside Lions Park Walking Group Miller's Pond Park	6:00 pm Super Hero Circuit Training Walker Ranch Park Zumba O.P. Schnabel Park	6:00 pm Super Hero Circuit Training Walker Ranch Park Zumba O.P. Schnabel Park	
5:30 pm Circuit Training O.P. Schnabel Park Walking Group Woodlawn Lake Park	6:30 pm Interval Training Bonnie Conner Park Cross Training Garza Park Zumba Garza Park Zumba Woodard Park	6:30 pm Boot Camp Garza Park Interval Training Joe Ward Park Zumba Lions Field Park Core Training Normoyle Park Walking Group Villa Coronado Park	7:00 pm Interval Training Walker Ranch Park Circuit Training Palm Heights Park Strength & Conditioning Cuellar Park Zumba LBJ Park	7:00 pm Interval Training Woodlawn Lake Park Yoga LBJ Park Pickleball Miller's Pond Park	11:30 am Yoga Dorie Miller Park	
6:00 pm Circuit Training Elmendorf Lake Park Zumba Southside Lions Park Line Dancing Granados Park	6:30 pm Interval Training Bonnie Conner Park Cross Training Garza Park Zumba Garza Park Zumba Woodard Park	7:00 pm Interval Training Walker Ranch Park Circuit Training Palm Heights Park Strength & Conditioning Cuellar Park Zumba LBJ Park	7:30 pm Interval Training Woodlawn Lake Park Yoga LBJ Park Pickleball Miller's Pond Park	6:30 pm CrossFit Woodlawn Lake Park Cross Training Garza Park	12:00 pm Body Flow Rosedale Park Volleyball Conditioning Joe Ward Park	
6:30 pm Boot Camp Garza Park Boot Camp Woodlawn Lake Park Core Training O.P. Schnabel Park Core Training Normoyle Park Walking Group Villa Coronado Park	6:45 pm Boot Camp Granados Park	7:00 pm Interval Training Walker Ranch Park Circuit Training Palm Heights Park Strength & Conditioning Cuellar Park Zumba LBJ Park	7:30 pm Interval Training Woodlawn Lake Park Yoga LBJ Park Pickleball Miller's Pond Park	6:00 pm Super Hero Circuit Training Walker Ranch Park Zumba O.P. Schnabel Park	2:00 pm Basketball Conditioning Arnold Park	
7:00 pm Yoga Elmendorf Lake Park	7:00 pm CIZE Live Barrera FC Circuit Training Labor Street Park Pilates Parman Library Zumba Harlandale Park Walking Group Miller's Pond Park	7:30 pm CrossFit Joe Ward Park Body Combat Pittman-Sullivan Park	7:30 pm Interval Training Woodlawn Lake Park Yoga LBJ Park Pickleball Miller's Pond Park	6:30 pm CrossFit Woodlawn Lake Park Cross Training Garza Park	3:00 pm Basketball Conditioning Arnold Park	
7:30 pm CoRE Woodlawn Lake Park	7:30 pm Yoga Parman Library	8:00 pm Boot Camp Najim Family YMCA	7:30 pm Interval Training Woodlawn Lake Park Yoga LBJ Park Pickleball Miller's Pond Park	6:30 pm CrossFit Woodlawn Lake Park Cross Training Garza Park	3:30 pm Table Tennis Mission Library	



WEEKLY SCHEDULE

JANUARY 2018

Monday January 15	Tuesday January 16	Wednesday January 17	Thursday January 18	Friday January 19	Saturday January 20	Sunday January 21
8:30 am Boot Camp Panther Springs Park	8:30 am Tai Chi Doris Griffin Senior Center Walking Group Commander's House	8:30 am Boot Camp Panther Springs Park Circuit Training Lou Kardon Park	8:30 am Functional Fitness Lions Field Park Tai Chi Doris Griffin Senior Center Walking Group Commander's House	8:30 am Tai Chi Doris Griffin Senior Center	8:00 am Troop Trek McAllister Park	9:00 am Trail Ruck Friedrich Wilderness Park
	9:30 am Chair Exercises Lackland Terrace Park	9:00 am Trail Run McAllister Park		9:00 am Strength & Balance Commander's House	9:00 am CrossFit McAllister Park Zumba McAllister Park Pickleball LBJ Park CYPHER Berta Almager Dance Studio at Woodlawn Lake Park	10:00 am Interval Training Phil Hardberger Park West
Martin Luther King, Jr. Holiday Buster!	10:00 am Interval Training Doris Griffin Senior Center Water Walking SA Natatorium Lap Swimming SA Natatorium Zumba Gold Commander's House	10:00 am Low Impact Circuit Training Lackland Terrace Park Tai Chi Bob Ross Senior Center Yoga Doris Griffin Senior Center Water Walking SA Natatorium Lap Swimming SA Natatorium	10:00 am Water Walking SA Natatorium Lap Swimming SA Natatorium	9:30 am Stroller Strides Northridge Park		10:30 am Meditation Parman Library
Walk / run 2.75 miles	11:30 am Aqua Boot Camp SA Natatorium	12:00 pm Aqua Aerobics Bob Ross Senior Center	11:30 am Aqua Boot Camp SA Natatorium	10:00 am Water Walking SA Natatorium Lap Swimming SA Natatorium Line Dancing Lackland Terrace Park Fun Fitness Commander's House	9:30 am Volleyball Conditioning Dawson Park	11:00 am Circuit Training Phil Hardberger Park West Yoga Pan American Library
The 2018 MLK march will begin at 10:00 am. The route will start at the MLK Academy and end at Pittman-Sullivan Park.	12:00 pm Circuit Training Barrera FC	12:30 pm Belly Dancing Granados Park	12:00 pm Circuit Training Barrera FC	10:00 am Circuit Training McAllister Park Zumba Rosedale Park Volleyball Conditioning Joe Ward Park Pickleball Woodward Park Pickleball Copernicus Park Boot Camp Phil Hardberger Park East	10:00 am Circuit Training McAllister Park Zumba Rosedale Park Volleyball Conditioning Joe Ward Park Pickleball Woodward Park Pickleball Copernicus Park Boot Camp Phil Hardberger Park East	12:00 pm Yoga Phil Hardberger Park West
	1:00 pm Line Dancing District 2 Senior Center Table Tennis Mission Library	1:00 pm Strength & Conditioning District 2 Senior Center	1:00 pm Line Dancing District 2 Senior Center Table Tennis Mission Library	11:00 am Qigong Pan American Library Chair Fitness Granados Park	11:00 am Body Pump Rosedale Park Walking Group Miller's Pond Park Basketball Conditioning Dawson Park Circuit Training Palm Heights Park	2:00 pm Body Combat Mays Family YMCA at Potranco
	5:00 pm Yoga Cuellar Park	1:30 pm Intro to Folklorico Granados Park	2:00 pm Stretch Doris Griffin Senior Center Yoga District 2 Senior Center	2:00 pm Stretch Doris Griffin Senior Center	11:00 am Body Pump Rosedale Park Walking Group Miller's Pond Park Basketball Conditioning Dawson Park Circuit Training Palm Heights Park	
	5:30 pm Circuit Training Bonnie Conner Park Bailar Es Vivir Barrera FC Boot Camp Travis Park	2:00 pm Stretch Doris Griffin Senior Center Yoga District 2 Senior Center	5:30 pm Bailar Es Vivir Barrera FC Walking Group Woodlawn Lake Park	5:30 pm Bailar Es Vivir Barrera FC Walking Group Woodlawn Lake Park	2:00 pm Stretch Doris Griffin Senior Center	
	6:00 pm Circuit Training Barrera FC Core Rhythm Harlandale Park Zumba Arnold Park Dance Fitness San Juan Brady Park	3:00 pm Boxing Conditioning Lincoln Park	6:00 pm Circuit Training Barrera FC Core Rhythm Southside Lions Park	6:00 pm Circuit Training Barrera FC Core Rhythm Southside Lions Park	3:00 pm Boxing Conditioning Lincoln Park	
	6:30 pm Interval Training Bonnie Conner Park Cross Training Garza Park Zumba Garza Park Zumba Woodard Park	6:00 pm Zumba Cuellar Park Cardio Kickboxing Walker Ranch Park Walking Group Southside Lions Park Zumba Denver Heights Park	6:30 pm CrossFit Woodlawn Lake Park Cross Training Garza Park	6:30 pm CrossFit Woodlawn Lake Park Cross Training Garza Park	6:00 pm Super Hero Circuit Training Walker Ranch Park Zumba O.P. Schnabel Park	12:00 pm Body Flow Rosedale Park Yoga Mission Library Volleyball Conditioning Joe Ward Park
	6:45 pm Boot Camp Granados Park	6:30 pm Boot Camp Garza Park Interval Training Joe Ward Park Zumba Lions Field Park Core Training Normoyle Park Walking Group Villa Coronado Park	7:00 pm Zumba South San Park Pilates LBJ Park Zumba Southside Lions Park Walking Group Miller's Pond Park	7:00 pm Zumba South San Park Pilates LBJ Park Zumba Southside Lions Park Walking Group Miller's Pond Park	2:00 pm Basketball Conditioning Arnold Park	
	7:00 pm CIZE Live Barrera FC Circuit Training Labor Street Park Pilates Parman Library Zumba Harlandale Park Walking Group Miller's Pond Park	7:00 pm Interval Training Walker Ranch Park Circuit Training Palm Heights Park Strength & Conditioning Cuellar Park Zumba LBJ Park	7:30 pm Interval Training Woodlawn Lake Park Yoga LBJ Park Pickleball Miller's Pond Park	7:30 pm Interval Training Woodlawn Lake Park Yoga LBJ Park Pickleball Miller's Pond Park	3:00 pm Basketball Conditioning Arnold Park	
	7:30 pm Yoga Parman Library	7:30 pm CrossFit Joe Ward Park Body Combat Pittman-Sullivan Park	8:00 pm Boot Camp Najim Family YMCA		3:30 pm Table Tennis Mission Library	



WEEKLY SCHEDULE

JANUARY 2018

Monday January 22	Tuesday January 23	Wednesday January 24	Thursday January 25	Friday January 26	Saturday January 27	Sunday January 28
5:15 am Circuit Training Walker Ranch Park	8:30 am Tai Chi Doris Griffin Senior Center Walking Group Commander's House	8:30 am Boot Camp Panther Springs Park Circuit Training Lou Kardon Park	8:30 am Functional Fitness Lions Field Park Tai Chi Doris Griffin Senior Center Walking Group Commander's House	8:30 am Tai Chi Doris Griffin Senior Center	9:00 am CrossFit McAllister Park Zumba McAllister Park Pickleball LBJ Park CYPHER Berta Almaguer Dance Studio at Woodlawn Lake Park Walking Group O.P. Schnabel Park	9:00 am Trail Ruck Friedrich Wilderness Park
6:00 am Interval Training Walker Ranch Park	9:30 am Chair Exercises Lackland Terrace Park	9:00 am Trail Run McAllister Park		9:00 am Strength & Balance Commander's House		10:00 am Interval Training Phil Hardberger Park West
8:30 am Boot Camp Panther Springs Park Circuit Training Lou Kardon Park Functional Fitness Lions Field Park	10:00 am Interval Training Doris Griffin Senior Center Water Walking SA Natatorium Lap Swimming SA Natatorium Zumba Gold Commander's House	10:00 am Low Impact Circuit Training Lackland Terrace Park Tai Chi Bob Ross Senior Center Yoga Doris Griffin Senior Center Water Walking SA Natatorium Lap Swimming SA Natatorium	10:00 am Water Walking SA Natatorium Lap Swimming SA Natatorium Beginner Line Dancing Lions Field Park	9:30 am Stroller Strides Northridge Park	9:30 am Volleyball Conditioning Dawson Park	10:30 am Meditation Parman Library
9:30 am Arthritis Foundation Exercise Program Granados Park		12:00 pm Aqua Aerobics Bob Ross Senior Center	11:00 am Advanced Line Dancing Lions Field Park	10:00 am Water Walking SA Natatorium Lap Swimming SA Natatorium Line Dancing Lackland Terrace Park Line Dancing Granados Park Fun Fitness Commander's House	10:00 am Circuit Training McAllister Park Zumba Rosedale Park Volleyball Conditioning Joe Ward Park Pickleball Woodard Park Pickleball Copernicus Park Boot Camp Phil Hardberger Park East	11:00 am Circuit Training Phil Hardberger Park West Yoga Pan American Library
10:00 am Low Impact Circuit Training Parman Library Tai Chi Bob Ross Senior Center Water Walking SA Natatorium Lap Swimming SA Natatorium Social Walk Lackland Terrace Park	11:30 am Aqua Boot Camp SA Natatorium	12:30 pm Belly Dancing Granados Park	11:30 am Aqua Boot Camp SA Natatorium			12:00 pm Yoga Phil Hardberger Park West
10:30 am Pickleball Granados Park	12:30 pm Low Impact Circuit Training Granados Park	1:00 pm Strength & Conditioning District 2 Senior Center	12:00 pm Circuit Training Barrera FC	12:00 pm Circuit Training Barrera FC	11:00 am Qigong Pan American Library Chair Fitness Granados Park	2:00 pm Body Combat Mays Family YMCA at Potranco
11:00 am Core Training Parman Library	1:00 pm Line Dancing District 2 Senior Center Table Tennis Mission Library	1:30 pm Intro to Folklorico Granados Park	12:30 pm Low Impact Circuit Training Granados Park	12:30 pm Low Impact Circuit Training Granados Park	2:00 pm Stretch Doris Griffin Senior Center	
1:00 pm Strength & Conditioning District 2 Senior Center	5:00 pm Yoga Cuellar Park	2:00 pm Stretch Doris Griffin Senior Center Yoga District 2 Senior Center	1:00 pm Line Dancing District 2 Senior Center Table Tennis Mission Library	1:00 pm Line Dancing District 2 Senior Center Table Tennis Mission Library	2:00 pm Stretch Doris Griffin Senior Center	
2:00 pm Stretch Doris Griffin Senior Center Yoga District 2 Senior Center Pickleball Dawson Park	5:30 pm Circuit Training Bonnie Conner Park Bailar Es Vivir Barrera FC Boot Camp Travis Park	3:00 pm Boxing Conditioning Lincoln Park	2:00 pm Stretch Doris Griffin Senior Center	2:00 pm Stretch Doris Griffin Senior Center	3:00 pm Boxing Conditioning Lincoln Park	
3:00 pm Boxing Conditioning Lincoln Park	6:00 pm Circuit Training Barrera FC Core Rhythm Harlandale Park Zumba Arnold Park Dance Fitness San Juan Brady Park	6:00 pm Zumba Cuellar Park Cardio Kickboxing Walker Ranch Park Walking Group Southside Lions Park Zumba Denver Heights Park	5:30 pm Bailar Es Vivir Barrera FC Walking Group Woodlawn Lake Park	3:00 pm Super Hero Circuit Training Walker Ranch Park Zumba O.P. Schnabel Park	6:00 pm Super Hero Circuit Training Walker Ranch Park Zumba O.P. Schnabel Park	2:00 pm Basketball Conditioning Arnold Park
5:30 pm Circuit Training O.P. Schnabel Park Walking Group Woodlawn Lake Park	6:30 pm Interval Training Garza FC Core Rhythm Harlandale Park Zumba Arnold Park Dance Fitness San Juan Brady Park	6:30 pm Boot Camp Garza Park Interval Training Joe Ward Park Zumba Lions Field Park Core Training Normoyle Park Walking Group Villa Coronado Park	6:00 pm Circuit Training Barrera FC Core Rhythm Southside Lions Park		3:00 pm Basketball Conditioning Arnold Park	
6:00 pm Circuit Training Elmendorf Lake Park Zumba Southside Lions Park Line Dancing Granados Park	6:30 pm Interval Training Bonnie Conner Park Cross Training Garza Park Zumba Garza Park Zumba Woodard Park	7:00 pm Interval Training Walker Ranch Park Circuit Training Palm Heights Park Strength & Conditioning Cuellar Park Zumba LBJ Park	6:30 pm CrossFit Woodlawn Lake Park Cross Training Garza Park		3:30 pm Table Tennis Mission Library	
6:30 pm Boot Camp Garza Park Boot Camp Woodlawn Lake Park Core Training O.P. Schnabel Park Core Training Normoyle Park Walking Group Villa Coronado Park	6:45 pm Boot Camp Granados Park		6:30 pm Zumba South San Park Pilates LBJ Park Zumba Southside Lions Park Walking Group Miller's Pond Park			
7:00 pm Yoga Elmendorf Lake Park	7:00 pm CIZE Live Barrera FC Circuit Training Labor Street Park Pilates Parman Library Zumba Harlandale Park Walking Group Miller's Pond Park	7:30 pm CrossFit Joe Ward Park Body Combat Pittman-Sullivan Park	7:30 pm Interval Training Woodlawn Lake Park Yoga LBJ Park Pickleball Miller's Pond Park			
7:30 pm CoRE Woodlawn Lake Park	7:30 pm Yoga Parman Library	8:00 pm Boot Camp Najim Family YMCA				



WEEKLY SCHEDULE

JANUARY - FEBRUARY 2018

Monday January 29	Tuesday January 30	Wednesday January 31	Thursday February 1	Friday February 2	Saturday February 3	Sunday February 4
5:15 am Circuit Training Walker Ranch Park	8:30 am Tai Chi Doris Griffin Senior Center Walking Group Commander's House	8:30 am Boot Camp Panther Springs Park Circuit Training Lou Kardon Park	8:30 am Functional Fitness Lions Field Park Tai Chi Doris Griffin Senior Center Walking Group Commander's House	8:30 am Tai Chi Doris Griffin Senior Center	8:00 am Troop Trek McAllister Park	10:00 am Interval Training Phil Hardberger Park West
6:00 am Interval Training Walker Ranch Park	9:30 am Chair Exercises Lackland Terrace Park	9:00 am Trail Run McAllister Park	10:00 am Water Walking SA Natatorium Lap Swimming SA Natatorium Beginner Line Dancing Lions Field Park	9:00 am Strength & Balance Commander's House	8:30 am Go Fetch Run Phil Hardberger Park East	10:30 am Meditation Parman Library
8:30 am Boot Camp Panther Springs Park Circuit Training Lou Kardon Park Functional Fitness Lions Field Park	10:00 am Water Walking SA Natatorium Lap Swimming SA Natatorium Zumba Gold Commander's House	10:00 am Low Impact Circuit Training Lackland Terrace Park Tai Chi Bob Ross Senior Center Yoga Doris Griffin Senior Center Water Walking SA Natatorium Lap Swimming SA Natatorium	11:00 am Advanced Line Dancing Lions Field Park	9:30 am Stroller Strides Northridge Park	9:00 am CrossFit McAllister Park Yoga Pittman-Sullivan Park Zumba McAllister Park Pickleball LBJ Park CYPHER Berta Almaguer Dance Studio at Woodlawn Lake Park	11:00 am Circuit Training Phil Hardberger Park West Yoga Pan American Library
9:30 am Arthritis Foundation Exercise Program Granados Park	11:30 am Aqua Boot Camp SA Natatorium	12:00 pm Aqua Aerobics Bob Ross Senior Center	11:30 am Aqua Boot Camp SA Natatorium	10:00 am Water Walking SA Natatorium Lap Swimming SA Natatorium Line Dancing Lackland Terrace Park Line Dancing Granados Park Fun Fitness Commander's House	9:30 am Volleyball Conditioning Dawson Park	12:00 pm Yoga Phil Hardberger Park West
10:00 am Tai Chi Bob Ross Senior Center Water Walking SA Natatorium Lap Swimming SA Natatorium Social Walk Lackland Terrace Park	12:00 pm Circuit Training Barrera FC	12:30 pm Belly Dancing Granados Park	12:00 pm Circuit Training Barrera FC	11:00 am Qigong Pan American Library Chair Fitness Granados Park	10:00 am Circuit Training McAllister Park Zumba Rosedale Park Volleyball Conditioning Joe Ward Park Pickleball Woodard Park Pickleball Copernicus Park Boot Camp Phil Hardberger Park East	2:00 pm Body Combat Mays Family YMCA at Potranco
10:30 am Pickleball Granados Park	12:30 pm Low Impact Circuit Training Granados Park	1:00 pm Strength & Conditioning District 2 Senior Center	12:30 pm Low Impact Circuit Training Granados Park	2:00 pm Stretch Doris Griffin Senior Center	11:00 am Body Pump Rosedale Park Walking Group Miller's Pond Park Basketball Conditioning Dawson Park Circuit Training Palm Heights Park	
1:00 pm Strength & Conditioning District 2 Senior Center	1:00 pm Line Dancing District 2 Senior Center Table Tennis Mission Library	1:30 pm Intro to Folklorico Granados Park	1:00 pm Line Dancing District 2 Senior Center Table Tennis Mission Library	3:00 pm Boxing Conditioning Lincoln Park	12:00 pm Body Flow Rosedale Park Yoga Mission Library Volleyball Conditioning Joe Ward Park	
2:00 pm Stretch Doris Griffin Senior Center Yoga District 2 Senior Center Pickleball Dawson Park	5:00 pm Yoga Cuellar Park	2:00 pm Stretch Doris Griffin Senior Center Yoga District 2 Senior Center	2:00 pm Stretch Doris Griffin Senior Center	3:00 pm Boxing Conditioning Lincoln Park	2:00 pm Basketball Conditioning Arnold Park	
3:00 pm Boxing Conditioning Lincoln Park	5:30 pm Circuit Training Bonnie Conner Park Bailar Es Vivir Barrera FC	3:00 pm Boxing Conditioning Lincoln Park	5:30 pm Bailar Es Vivir Barrera FC Walking Group Woodlawn Lake Park	6:00 pm Super Hero Circuit Training Walker Ranch Park Zumba O.P. Schnabel Park	3:00 pm Basketball Conditioning Arnold Park	
5:30 pm Walking Group Woodlawn Lake Park	6:00 pm Circuit Training Barrera FC Core Rhythm Harlandale Park Zumba Arnold Park Dance Fitness San Juan Brady Park	6:00 pm Zumba Cuellar Park Cardio Kickboxing Walker Ranch Park Walking Group Southside Lions Park Zumba Denver Heights Park	6:00 pm Circuit Training Barrera FC Core Rhythm Southside Lions Park		3:30 pm Table Tennis Mission Library	
6:00 pm Circuit Training Elmendorf Lake Park Zumba Southside Lions Park Line Dancing Granados Park	6:30 pm Interval Training Bonnie Conner Park Cross Training Garza Park Zumba Garza Park Zumba Woodard Park	6:30 pm Boot Camp Garza Park Interval Training Joe Ward Park Zumba Lions Field Park Core Training Normoyle Park Walking Group Villa Coronado Park	6:30 pm CrossFit Woodlawn Lake Park Cross Training Garza Park			
6:30 pm Boot Camp Garza Park Boot Camp Woodlawn Lake Park Core Training Normoyle Park Walking Group Villa Coronado Park	6:45 pm Boot Camp Granados Park	7:00 pm Interval Training Walker Ranch Park Circuit Training Palm Heights Park Strength & Conditioning Cuellar Park Zumba LBJ Park	7:00 pm Zumba South San Park Pilates LBJ Park Zumba Southside Lions Park Walking Group Miller's Pond Park			
7:00 pm Yoga Elmendorf Lake Park	7:00 pm CIZE Live Barrera FC Pilates Parman Library Zumba Harlandale Park Walking Group Miller's Pond Park	7:30 pm CrossFit Joe Ward Park Body Combat Pittman-Sullivan Park	7:30 pm Interval Training Woodlawn Lake Park Yoga LBJ Park Pickleball Miller's Pond Park			
7:30 pm CoRE Woodlawn Lake Park	7:30 pm Yoga Parman Library	8:00 pm Boot Camp Najim Family YMCA				

